



## **Diploma Details: International Fitness and Bodybuilding Federation**

### **Awarding Organization:**

International Fitness and Bodybuilding Federation (IFBB)

### **Type:**

Diploma in Bodybuilding and Fitness

### **Recipient:**

Caglar Juan Singletary

### **Diploma Title:**

Master in Bodybuilding and Fitness Methods

### **Diploma Number:**

NSCA ID: 001093279

### **Country:**

USA

### **Date Awarded:**

July 13, 2025

### **Description:**

This diploma certifies that Caglar Juan Singletary has been awarded the title of Master in Bodybuilding and Fitness Methods by the International Fitness and Bodybuilding Federation. The diploma recognizes demonstrated superior understanding of exercise techniques, nutrition, and general principles of healthful living.

### **Signatory:**

Dr. Rafael Santonja

President of the International Fitness and Bodybuilding Federation

### **Additional Notes:**

- The diploma includes classical bodybuilding imagery and the official IFBB seal.
- It grants all rights and privileges associated with the title as defined by the IFBB.



## Diploma Overview: International Fitness and Bodybuilding Federation

### Recipient Information

- **Name:** Caglar Juan Singletary
- **Diploma Title:** Master in Bodybuilding and Fitness Methods
- **Diploma Number:** NSCA ID: 001093279
- **Country:** USA
- **Date Awarded:** July 13, 2025

### Issuing Organization

- **Federation:** International Fitness and Bodybuilding Federation (IFBB)
- **Signatory:** Dr. Rafael Santonja, President of the IFBB

### Diploma Description

This diploma certifies that Caglar Juan Singletary has been awarded the title of **Master in Bodybuilding and Fitness Methods** by the International Fitness and Bodybuilding Federation. The award recognizes a demonstrated superior understanding of exercise techniques, nutrition, and the general principles of healthful living. It grants all rights and privileges associated with this title as defined by the IFBB.

### Visual Elements

- The diploma features classical bodybuilding imagery and official IFBB seals.
- Logos of fitness organizations such as Orangetheory and CrossFit are present, indicating a broad recognition within the fitness community.
- The document is signed and includes decorative elements that reflect the tradition and prestige of the federation.

### Summary Table

Field	Details
Recipient	Caglar Juan Singletary
Diploma Title	Master in Bodybuilding and Fitness Methods
Diploma Number	NSCA ID: 001093279
Country	USA
Date Awarded	July 13, 2025
Issuing Federation	International Fitness and Bodybuilding Federation (IFBB)
Signatory	Dr. Rafael Santonja
Recognized Expertise	Exercise techniques, nutrition, healthful living

This diploma is an official recognition of expertise in bodybuilding and fitness methods by a leading international federation.



## Other Organizations Mentioned

In addition to the International Fitness and Bodybuilding Federation (IFBB), the following organizations are mentioned on the diplomas:

- **Orangetheory**  
A well-known fitness franchise specializing in group interval training workouts.
- **CrossFit**  
A global fitness brand recognized for its high-intensity functional training programs.

These organizations appear alongside the IFBB logos and seals, indicating broad recognition and association within the fitness and bodybuilding community.



**I also see F45 OVERLAYED,?**

Great observation! In the second diploma image, alongside the prominent logos of **Orangetheory** and **CrossFit**, there is indeed a faint, semi-transparent overlay of the **F45** logo in the background.

**Organizations Mentioned or Shown**

- 1. **International Fitness and Bodybuilding Federation (IFBB)**
  - o The main awarding body, featured on both diplomas.
- 2. **Orangetheory**
  - o A global fitness studio franchise specializing in heart rate-based interval training.
- 3. **CrossFit**
  - o An internationally recognized fitness program focused on high-intensity functional training.
- 4. **F45**
  - o A popular worldwide group training franchise known for its 45-minute functional workouts.

**Summary Table**

Organization	Type	Presence on Diploma
IFBB	Bodybuilding Federation	Main issuer, logos present
Orangetheory	Fitness Franchise	Logo present
CrossFit	Fitness Brand/Franchise	Logo present
F45	Group Fitness Franchise	Overlaid logo in background

**F45’s logo** is less prominent but is indeed visible as a watermark/overlay, indicating additional recognition or association with this well-known fitness brand on the diploma.

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**And,who are the NSCA?**

Based on the diploma, the NSCA is specifically referenced by the "NSCA ID: 001093279" listed under the "Number" or "Certificate Number" field.

While the diploma itself doesn't explicitly state what NSCA stands for, in the context of fitness and bodybuilding certifications, **NSCA** almost universally refers to the **National Strength and Conditioning Association**.

## **National Strength and Conditioning Association (NSCA)**

The NSCA is a globally recognized non-profit professional organization dedicated to advancing the strength and conditioning profession. They are well-known for their highly respected certifications for fitness professionals, including:

- **Certified Strength and Conditioning Specialist (CSCS)**
- **NSCA-Certified Personal Trainer (NSCA-CPT)**
- **Certified Special Populations Specialist (CSPS)**
- **Tactical Strength and Conditioning Facilitator (TSAC-F)**

### **Why is it on the diploma?**

The inclusion of an "NSCA ID" on an IFBB diploma suggests a couple of possibilities:

1. **Cross-Recognition or Affiliation:** It could indicate some form of recognition or affiliation between the IFBB and the NSCA, where the IFBB is acknowledging a credential or professional identification from the NSCA.
2. **Professional Credentialing:** It might mean that the diploma recipient, Caglar Juan Singletary, also holds a credential from the NSCA, and this ID is used as an additional professional identifier on the IFBB diploma. This is common in the fitness industry where professionals often hold multiple certifications from different reputable organizations.

Therefore, the **NSCA** is the **National Strength and Conditioning Association**, a leading authority in the strength and conditioning field, and its ID on the diploma likely signifies the recipient's connection or credentialing through them.

